

# Resilient Happiness: Hardwiring an Unshakable Core Of Strength, Love, and Inner Peace



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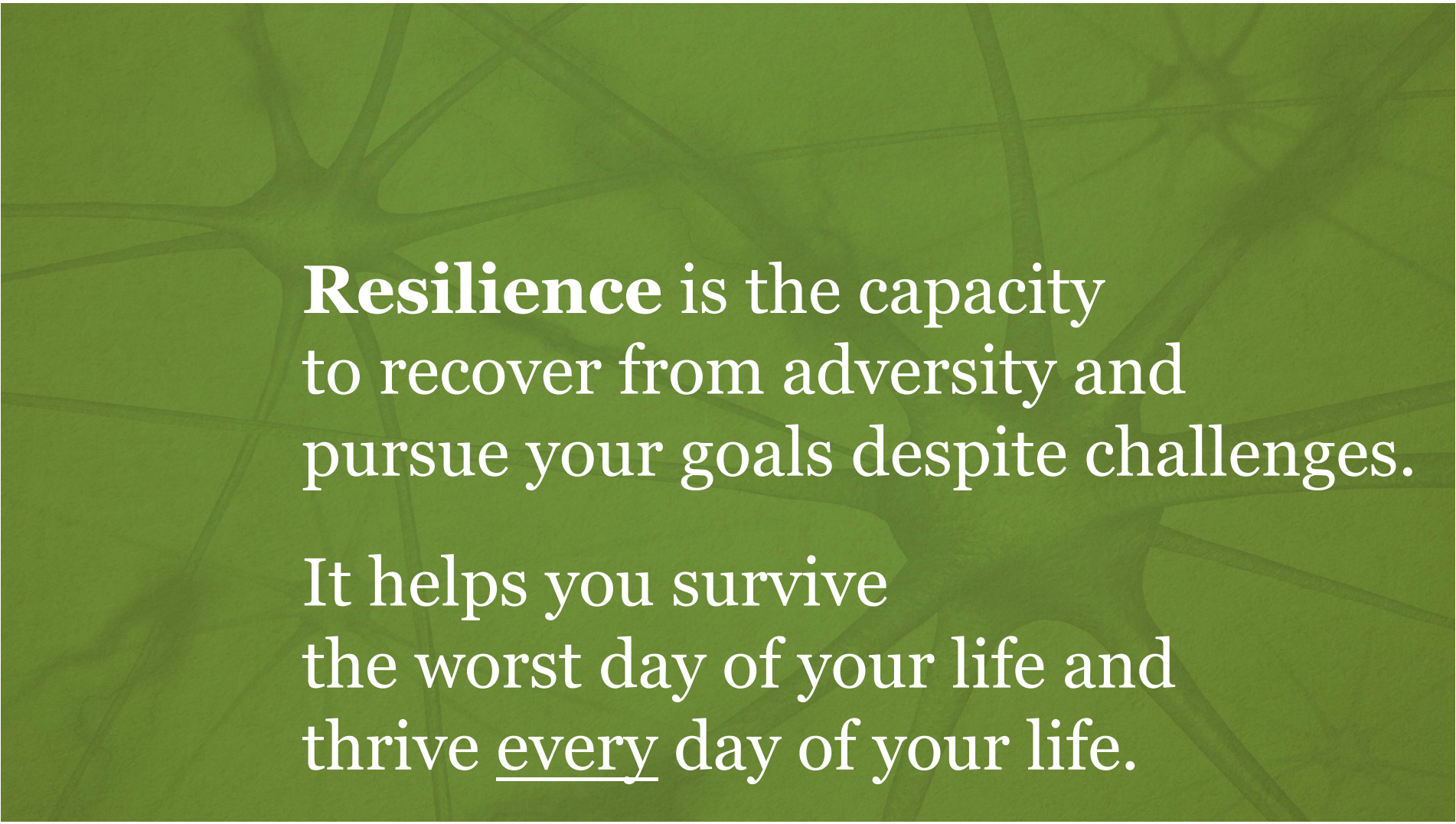


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# Resilience and Well-Being

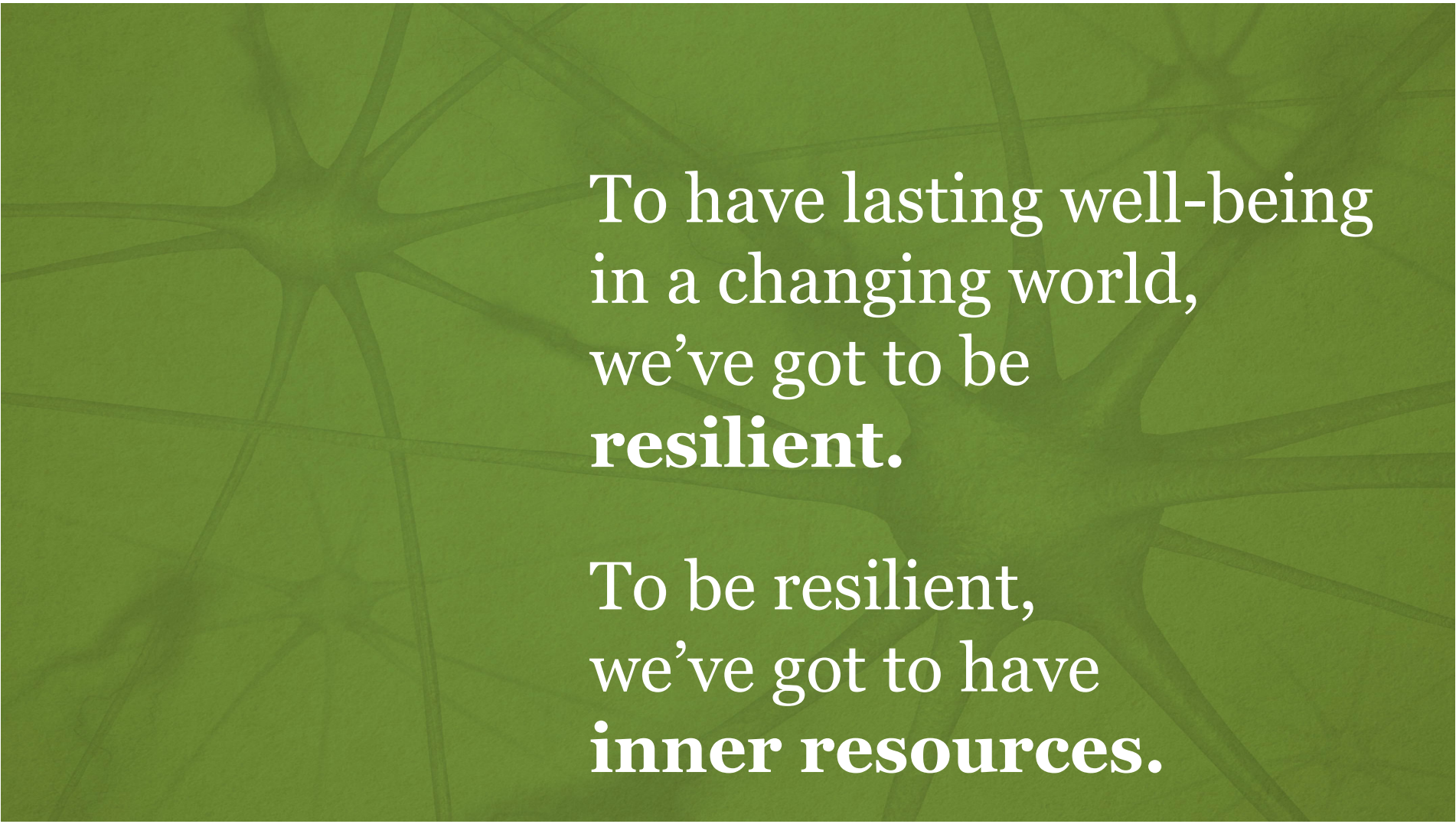
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**Resilience** is the capacity  
to recover from adversity and  
pursue your goals despite challenges.

It helps you survive  
the worst day of your life and  
thrive every day of your life.



To have lasting well-being  
in a changing world,  
we've got to be  
**resilient.**

To be resilient,  
we've got to have  
**inner resources.**





# Inner Resources Make Us Resilient

# Shaping the Course of a Life

Challenges

Vulnerabilities

Resources



# Location of Resources

World

Body

Mind

# Some Inner Resources

Wisdom, Concentration, Virtue

Compassion, Kindness, Love

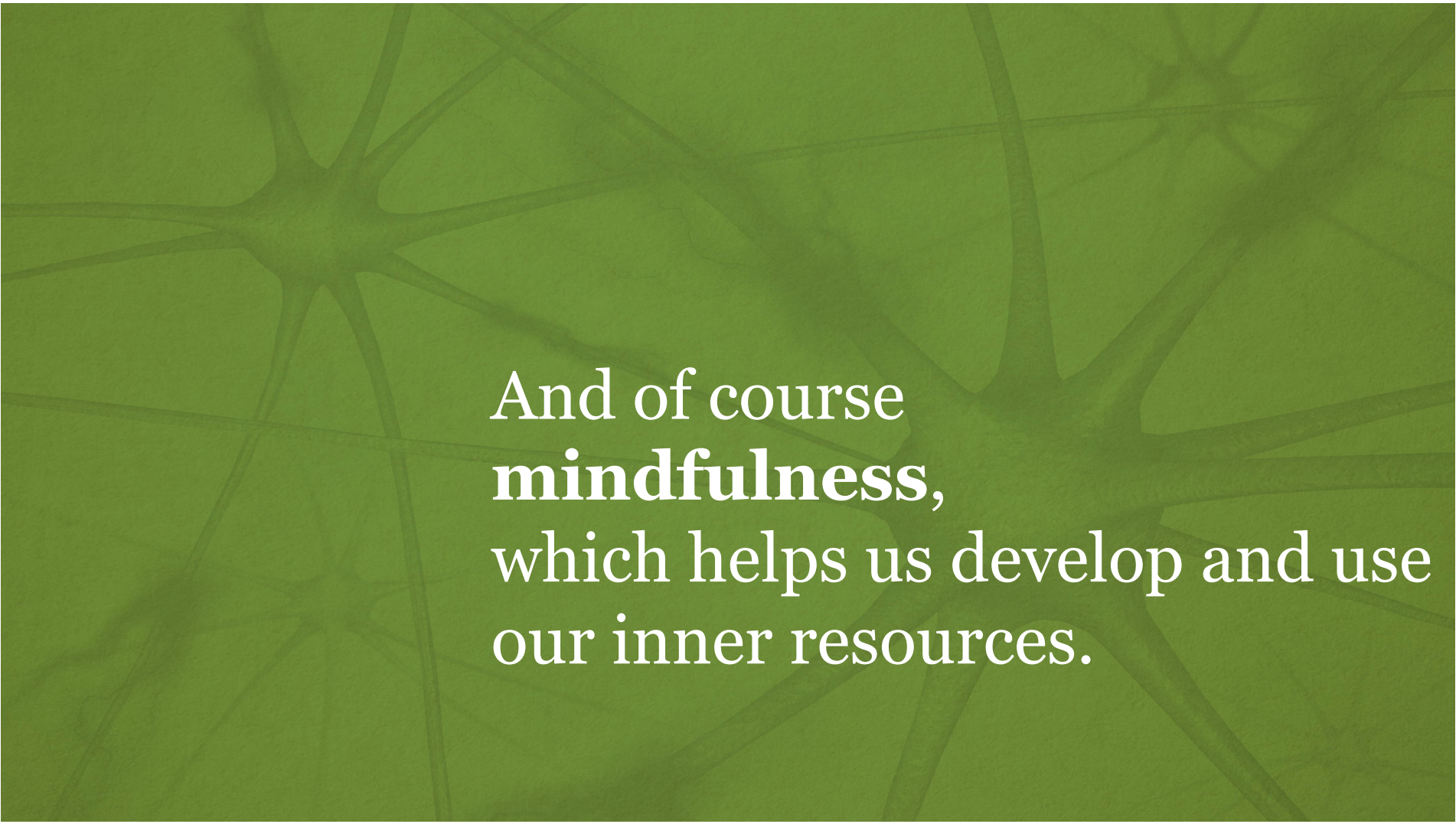
Emotional Intelligence

Gratitude, Satisfaction, Happiness

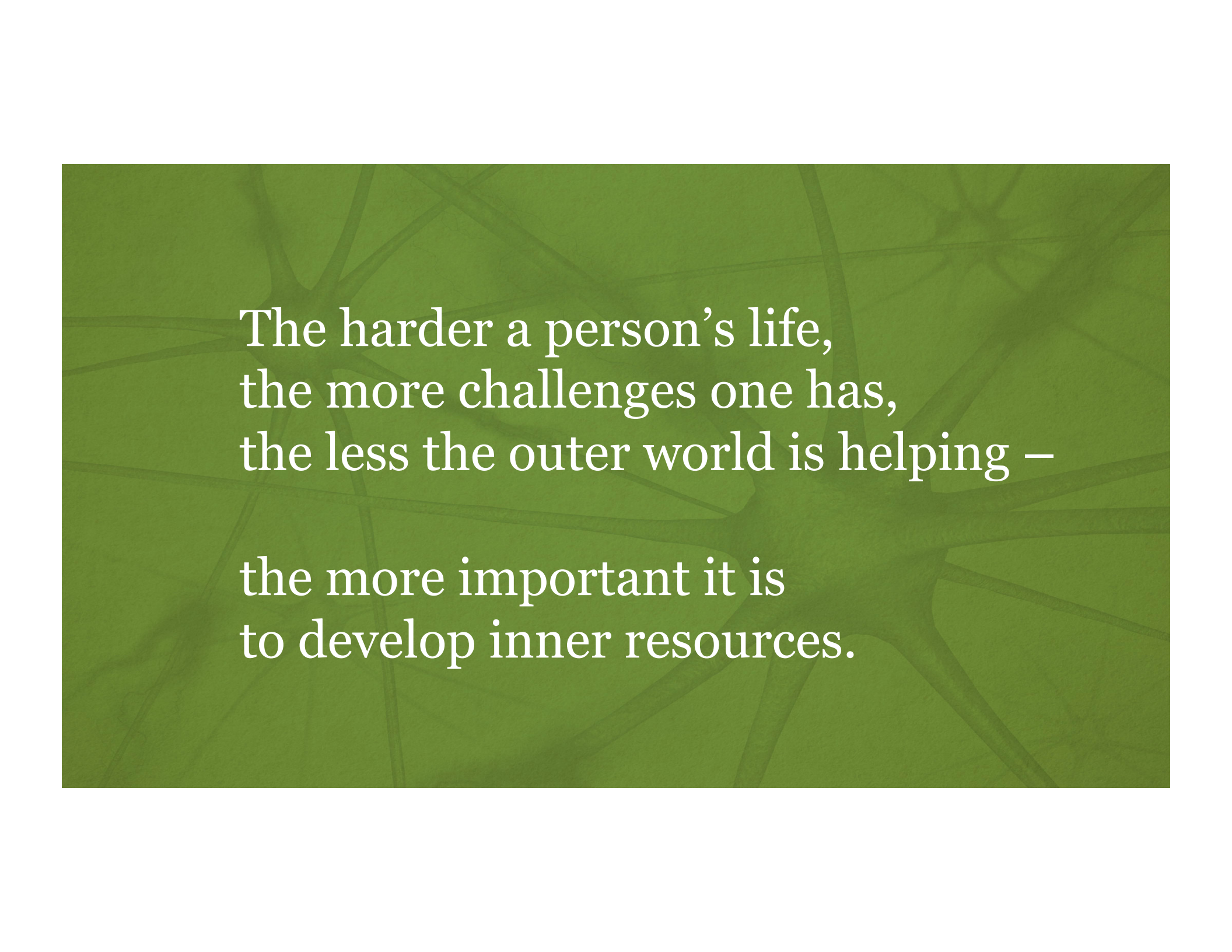
Interpersonal Skills

Patience, Determination, Grit





And of course  
**mindfulness**,  
which helps us develop and use  
our inner resources.



The harder a person's life,  
the more challenges one has,  
the less the outer world is helping –  
  
the more important it is  
to develop inner resources.



# Key Resources for Today

Strength

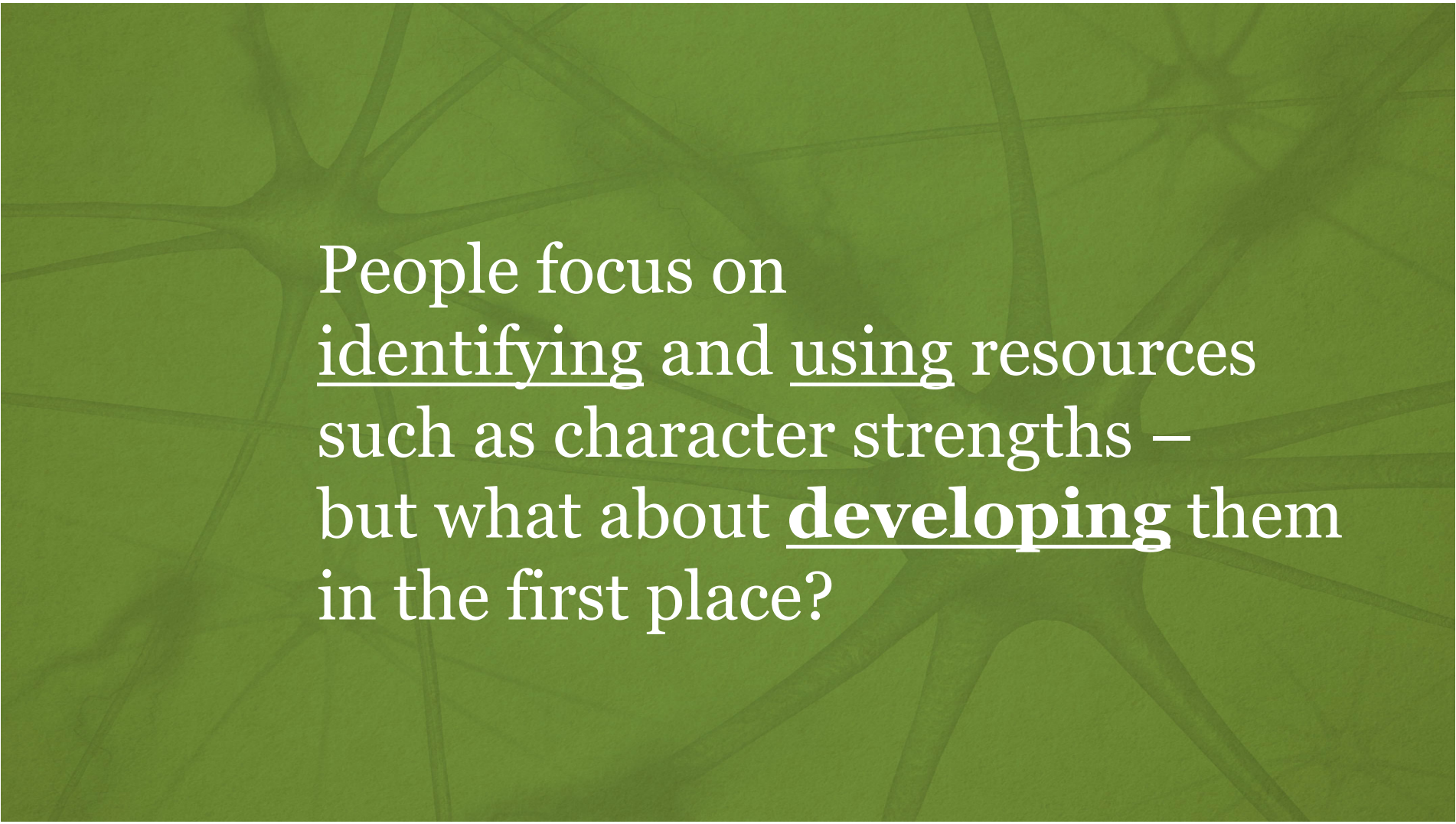
Love

Inner Peace



# Changing the Brain For the Better

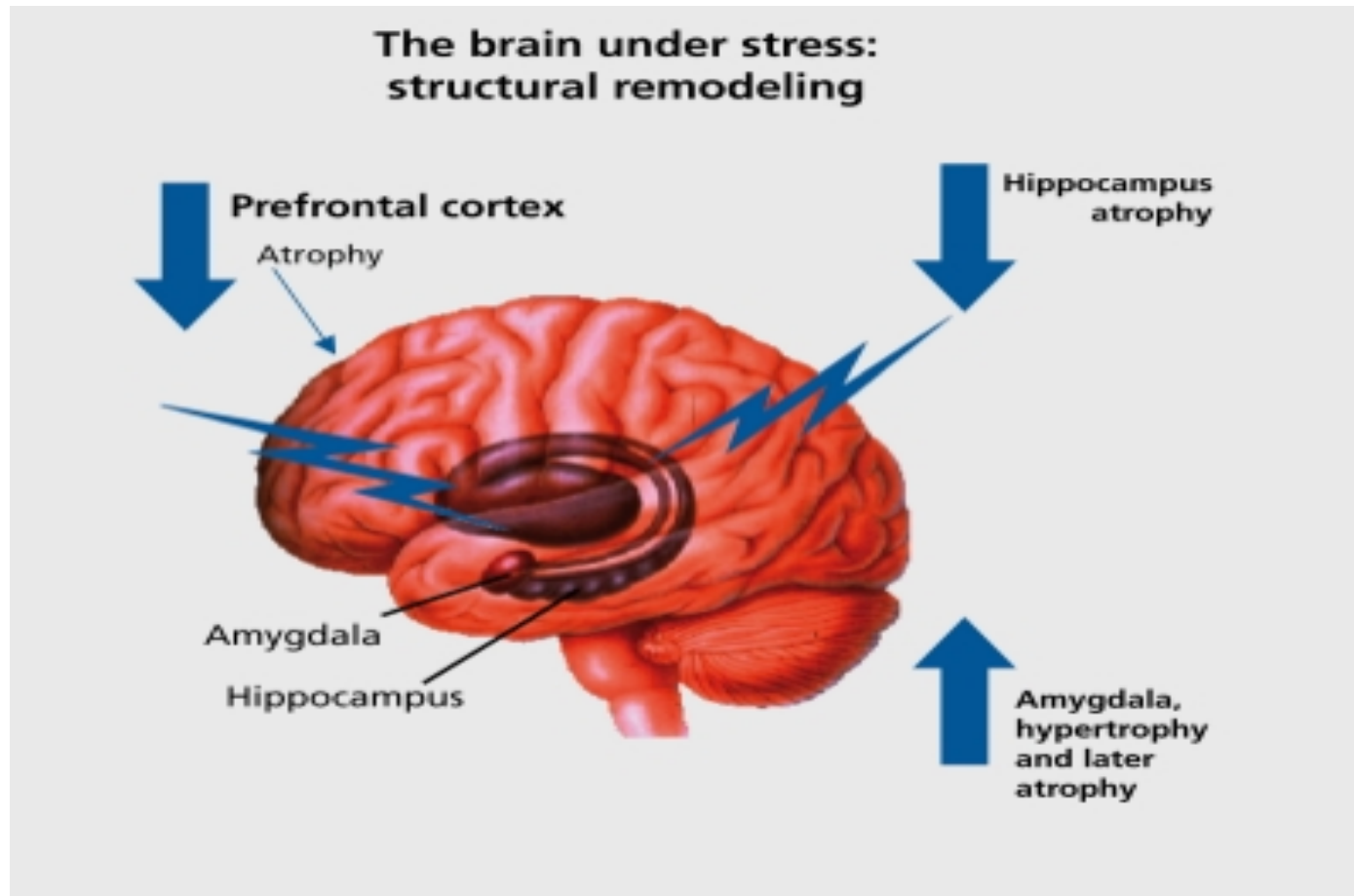




People focus on  
identifying and using resources  
such as character strengths –  
but what about **developing** them  
in the first place?

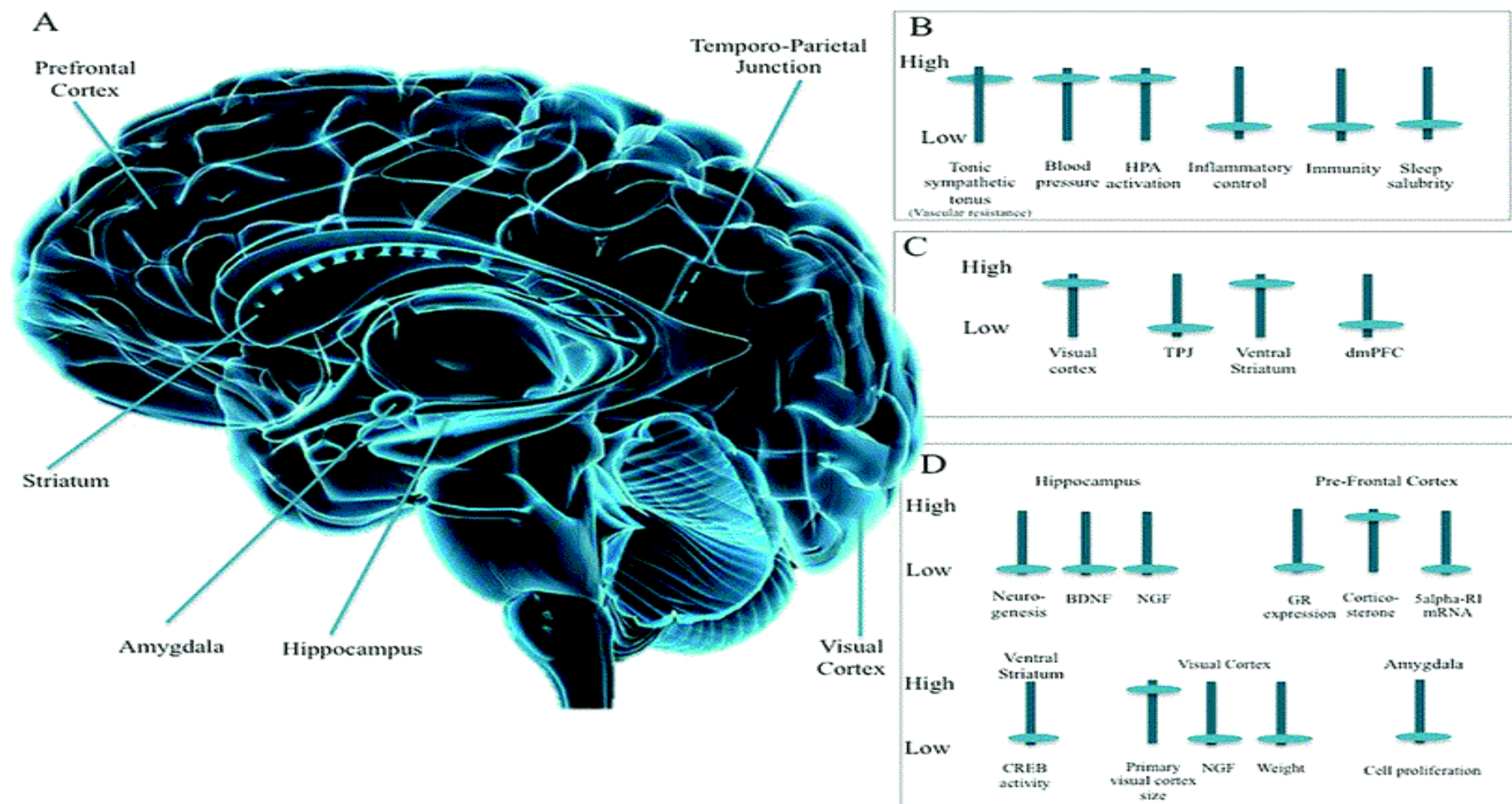






### How stress changes the brain

McEwen, 2006. Dialogues in Clinical Neuroscience, 8:367-381



Cacioppo et al. (2014) Toward a neurology of loneliness. *Psychological Bulletin*.



# Velcro for Bad, Teflon for Good

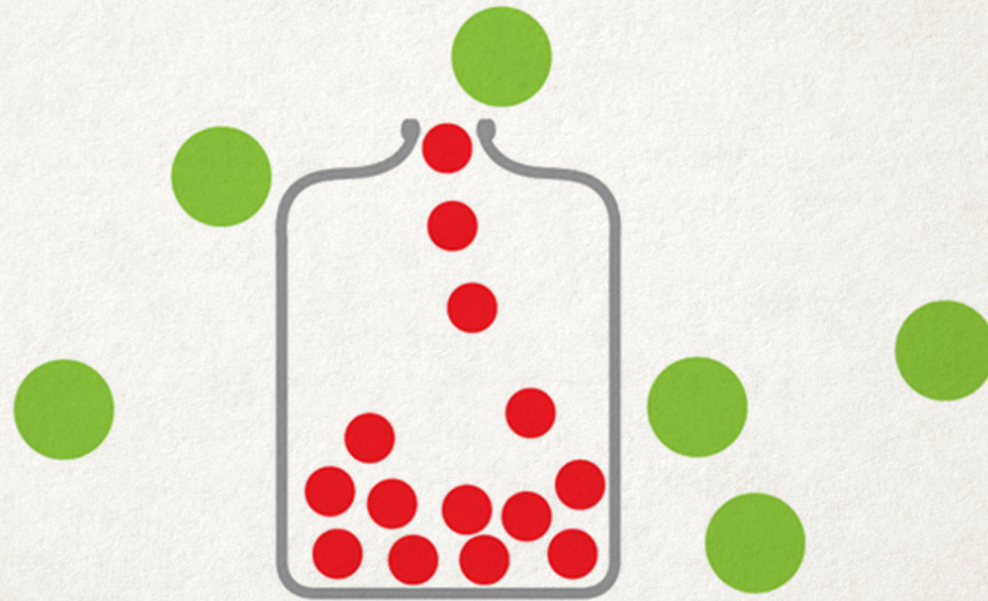


# The Negativity Bias

As the nervous system evolved, avoiding “sticks” was usually more consequential than getting “carrots.”

1. So we scan for bad news,
2. Over-focus on it,
3. Over-react to it,
4. Turn it quickly into (implicit) memory,
5. Sensitize the brain to the negative, and
6. Create vicious cycles with others.





The Negativity Bias



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# Growing Inner Resources

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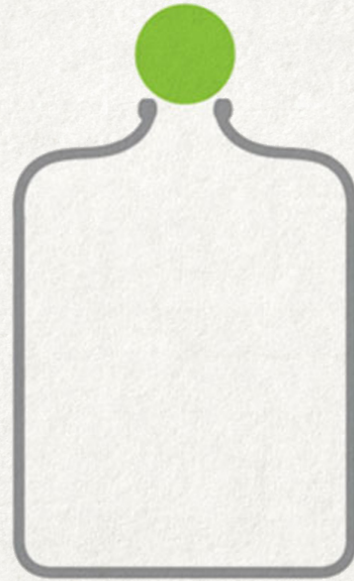
# Turning States into Traits: HEAL

## Activation

1. **Have** a beneficial experience

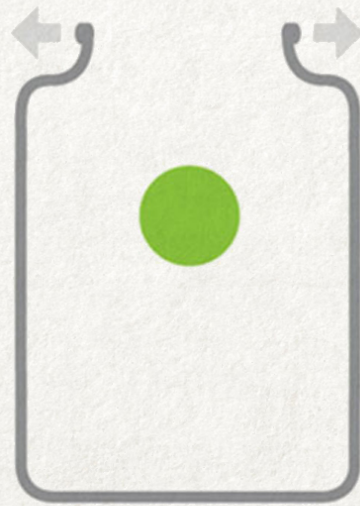
## Installation

2. **Enrich** the experience
3. **Absorb** the experience
4. **Link** positive and negative material  
(Optional)

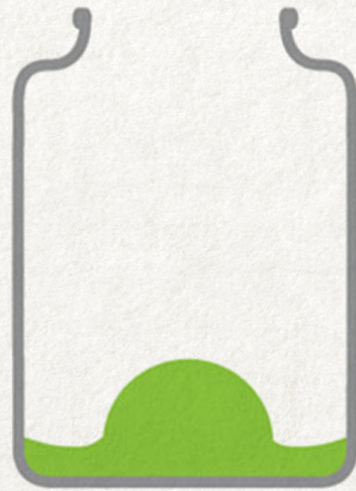


**H**ave a Beneficial Experience



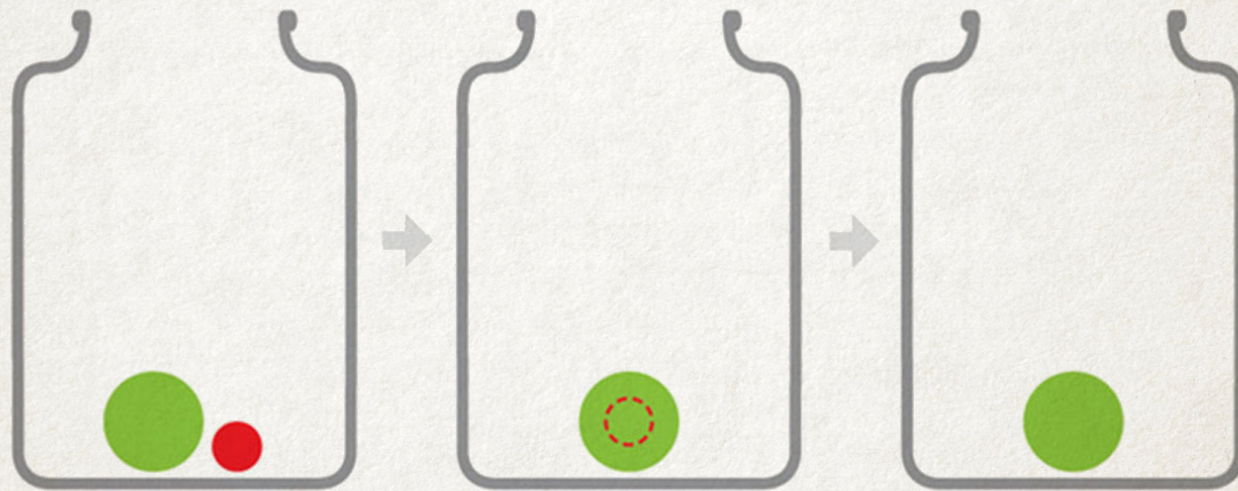


**E**nrich It

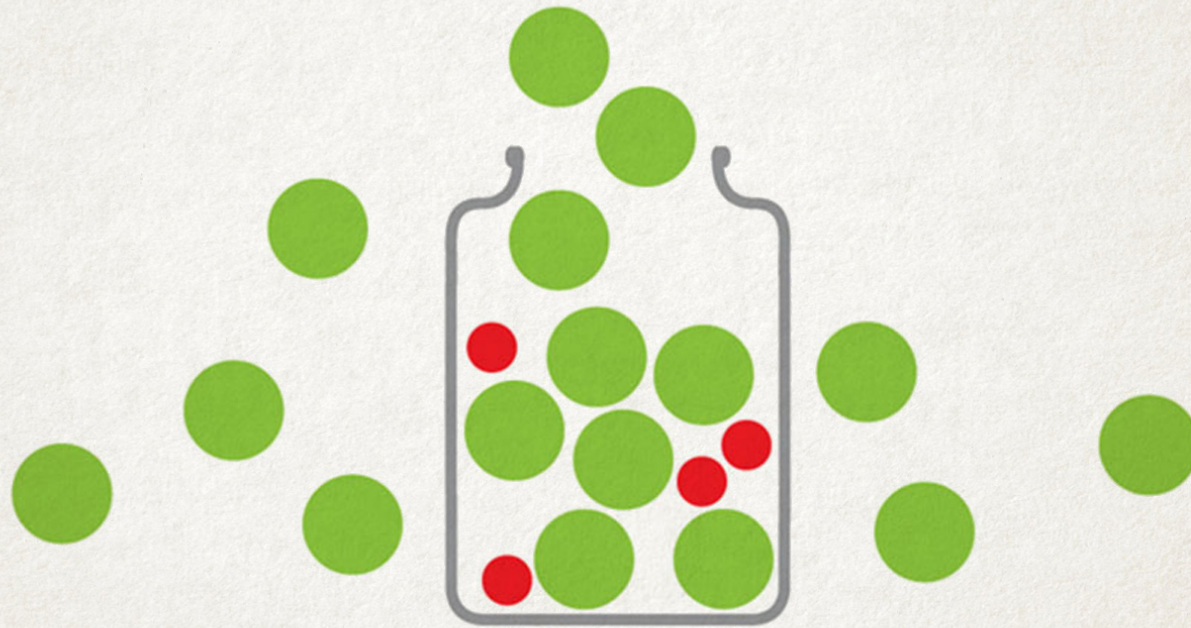


Absorb It





**L**ink Positive & Negative Material



Have It, Enjoy It



# Let's Try It

## Notice

Relaxing as  
you exhale

## Create

A sense  
of beauty

## Create

Warm feelings  
for someone

## For each of these:

Have the experience. Enrich it. Absorb it.



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# Growing Key Resources

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Resilience is required  
for challenges to our needs.

Understanding the need  
that is challenged  
helps us identify, grow, and use  
the specific mental resource(s)  
that are best matched to it.

# Meeting Our Three Fundamental Needs



**Safety**

**Avoiding**  
harms

(threat response)



**Satisfaction**

**Approaching**  
rewards

(goal pursuit)



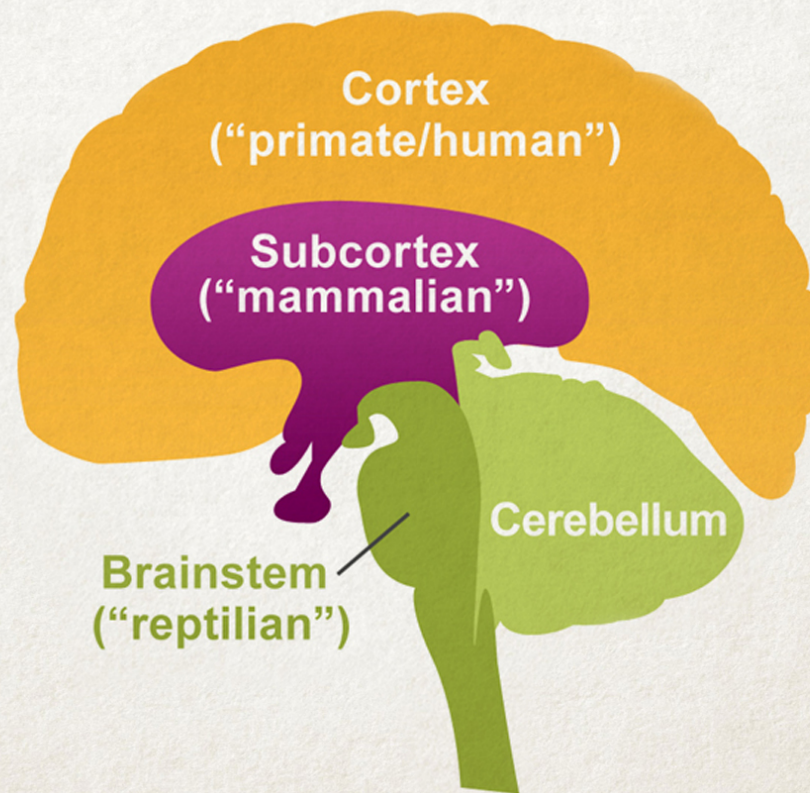
**Connection**

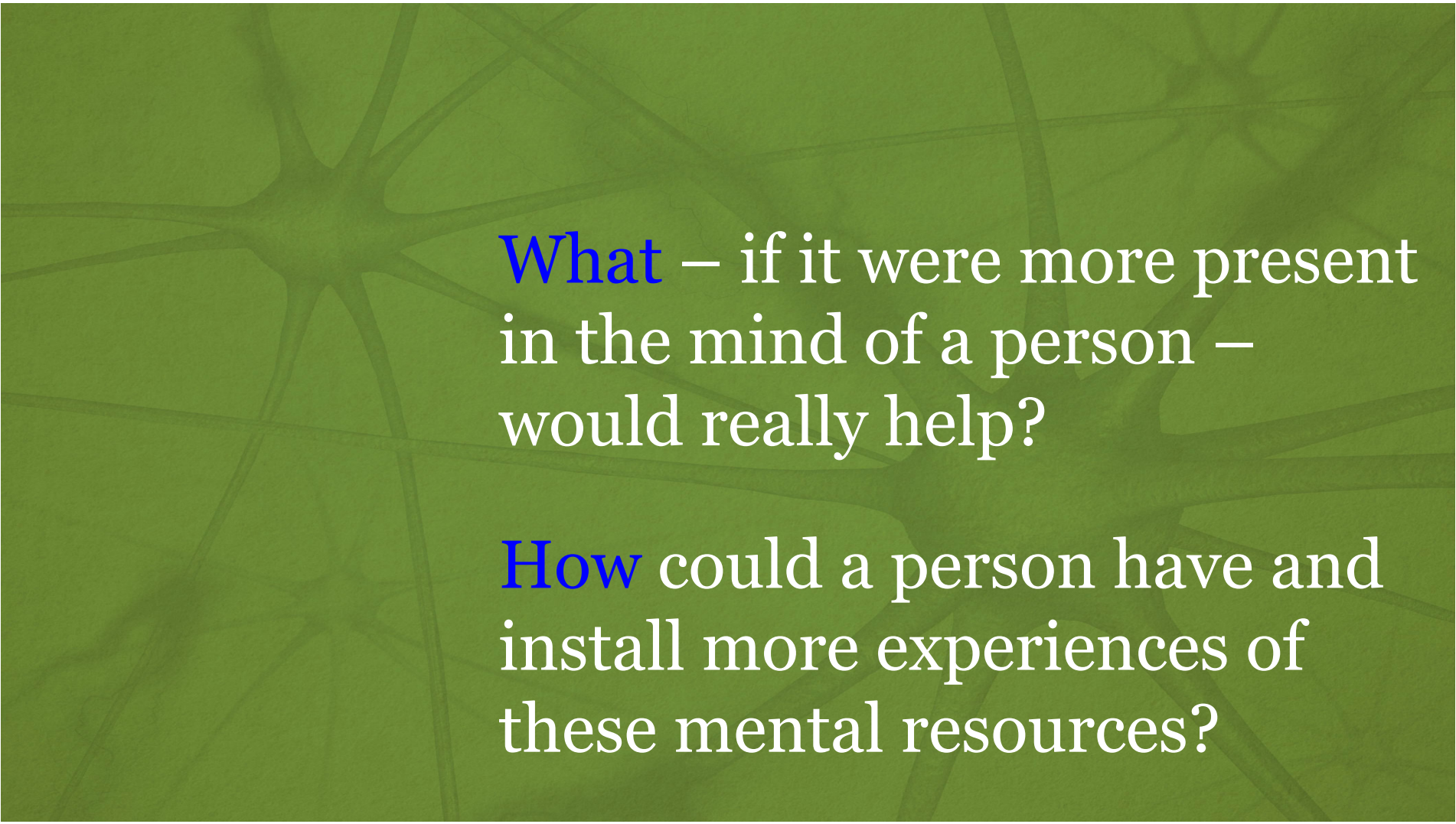
**Attaching**  
to others

(social engagement)



# The Evolving Brain





**What** – if it were more present  
in the mind of a person –  
would really help?

**How** could a person have and  
install more experiences of  
these mental resources?



# Matching Resources to Needs

## **Safety**

**See actual threats**  
**See resources**  
**Grit, fortitude**  
**Feel protected**  
**Alright right now**  
**Relaxation**  
**Calm**

## **Peace**

## **Satisfaction**

**Gratitude**  
**Gladness**  
**Feel successful**  
**Healthy pleasures**  
**Impulse control**  
**Aspiration**  
**Enthusiasm**

## **Contentment**

## **Connection**

**Empathy**  
**Compassion**  
**Kindness**  
**Wide circle of “us”**  
**Assertiveness**  
**Self-worth**  
**Confidence**

## **Love**

# Pet the Lizard





# Feed the Mouse



# Hug the Monkey







# Resources for Safety

# Feeling Strong

- Bring to mind times that you felt strong, determined, enduring . . . Focus on feeling strong . . . Use HEAL to take in this experience.
- Bring to mind someone you are *for*. Find a sense of support, loyalty, perhaps fierce compassion . . . Know what this feels like – and apply it to yourself . . . Use HEAL to take in this experience.
- Imagine experiencing strength while dealing with a challenge . . . Let the sense of this sink into you.





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# Resources for Satisfaction

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# Feeling Grateful

- Bring to mind some things you are thankful for – and open to experiences of gratitude, gladness, happiness . . . Use HEAL to take in these experiences.
- Focus on the sense of having received so much already . . . And if you like, be aware of frustration or loss off to the side, while feeling grateful is “big” in the foreground . . . Link these two, with a sense of the gratitude easing, soothing, bringing wisdom to, and perhaps even replacing the sense of frustration or loss.





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# Resources for Connection

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# Resting in Love

- Bring to mind beings you care about . . . Friends, family, pets, people who have helped you . . . Compassion for suffering . . . Kindness and friendliness . . .
- Focus on feelings of caring and love . . . Use HEAL to take in this experience.
- Bring to mind beings who care about you . . . Focus on feeling cared about. . . Use HEAL to take in this experience.



Coming Home

**Peace**

**Contentment**

**Love**



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See **[RickHanson.net](http://RickHanson.net)** for other good books.

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**See [www.RickHanson.net/key-papers/](http://www.RickHanson.net/key-papers/) for other suggested readings.**

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